



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Participant ID

Variable #	1	Usage Notes:	none
Sas Name:	ID	Categories:	Study: Administration
Sas Label:	Participant ID		
Type:	Continuous		

F148 Days since enrollment

Variable #	2	Usage Notes:	none
Sas Name:	F148DAYS	Categories:	Study: Administration
Sas Label:	F148 Days since enrollment		
Type:	Continuous		

F148 Current Weight lbs

What is your current weight?

Variable #	3	Usage Notes:	none
Sas Name:	WTCUR_8	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Current weight lbs		
Type:	Continuous		

F148 Highest weight in past year (lbs)

In the past year, what was your highest weight?

Variable #	4	Usage Notes:	none
Sas Name:	WTMAX_8	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Highest weight in past year		
Type:	Continuous		

F148 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

Variable #	5	Usage Notes:	none
Sas Name:	WTMIN_8	Categories:	Medical History: Height/Weight History Physical Measurements: Height/Weight History
Sas Label:	Lowest weight in past year		
Type:	Continuous		



WHI Follow-Up Dataset
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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Walk more than 10 minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 6

Sas Name: WALKSWK_8

Sas Label: Walk more than 10 minutes

Type: Categorical

Usage Notes: none

Categories: Physical Activity

Values	
0	Rarely or never
1	1-3 times a month
2	1 time each week
3	2-3 times each week
4	4-7 times each week
5	7 or more times each week

F148 How many minutes walking

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 7

Sas Name: MINSWALK_8

Sas Label: How many minutes walking

Type: Categorical

Usage Notes: Sub-question of F148 V1 Q4 "Walk more than 10 min".

Categories: Physical Activity

Values	
1	Less than 20 min
2	20-39 min
3	40-59 min
4	1hour or more

F148 Usual walking speed

What is your usual speed?

Variable # 8

Sas Name: WALKSPD_8

Sas Label: Usual walking speed

Type: Categorical

Usage Notes: Sub-question of F148 V1 Q4 "Walk more than 10 min".

Categories: Physical Activity

Values	
2	Casual stroll (less than 2 miles/hour)
3	Average or normal (2-3 miles an hour)
4	Fairly fast (3-4 miles an hour)
5	Very fast (more than 4 miles an hour)
9	Don't know



Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

F148 Strenuous exercise

Not including walking outside the home, how often each week (7 days) do you usually do STRENUOUS OR VERY HARD EXERCISE (you work up a sweat and your heart beats fast)? For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Variable # 9**Usage Notes:** none**Sas Name:** HDEXFREQ_8**Categories:** Physical Activity**Sas Label:** Strenuous exercise**Type:** Categorical**Values**

0	None
1	1 day/week
2	2 days/week
3	3 days/week
4	4 days/week
5	5 or more days/week

F148 Strenuous/how long

How long do you usually exercise like this at one time?

Variable # 10**Usage Notes:** Sub-question of F148 V1 Q5 "Strenuous exercise".**Sas Name:** HARDMINS_8**Categories:** Physical Activity**Sas Label:** Strenuous exercise how long**Type:** Categorical**Values**

1	Less than 20 mins
2	20-39 mins
3	40-59 mins
4	1 hour or more

F148 Moderate exercise

Not including walking outside the home, how often each week (7 days) do you usually do MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Variable # 11**Usage Notes:** none**Sas Name:** MDEXFREQ_8**Categories:** Physical Activity**Sas Label:** Moderate exercise**Type:** Categorical**Values**

0	None
1	1 day/week
2	2 days/week
3	3 days/week
4	4 days/week
5	5 or more days/week



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Moderate/how long

How long do you usually exercise like this at one time?

Variable # 12
Sas Name: MODMINS_8
Sas Label: Moderate/ how long
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q6 "Moderate exercise".
Categories: Physical Activity

Values

1	Less than 20 mins
2	20-39 mins
3	40-59 mins
4	1 hour or more

F148 Mild exercise

Not including walking outside the home, how often each week (7 days) do you usually do MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13
Sas Name: MLEXFREQ_8
Sas Label: Mild exercise
Type: Categorical

Usage Notes: none
Categories: Physical Activity

Values

0	None
1	1 day/week
2	2 days/week
3	3 days/week
4	4 days/week
5	5 or more days/week

F148 Mild/how long

How long do you usually exercise like this at one time?

Variable # 14
Sas Name: MILDMINS_8
Sas Label: Mild /how long
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q7 "Mild exercise".
Categories: Physical Activity

Values

1	Less than 20 mins
2	20-39 mins
3	40-59 mins
4	1 hour or more



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Smoke cigarettes now

Do you smoke cigarettes now?

Variable # 15
Sas Name: SMOKENW_8
Sas Label: Smoke cigarettes now
Type: Categorical

Usage Notes: none
Categories: Lifestyle: Smoking

Values

0	No
1	Yes

F148 How many cigarettes per day

How many cigarettes do you usually smoke each day? (Mark one.)

Variable # 16
Sas Name: CIGSDAY_8
Sas Label: Cigarettes per day
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q8 "Smoke cigarettes now".
Categories: Lifestyle: Smoking

Values

1	Less than 5
2	5-14
3	15-24
4	25-34
5	35-44
6	45 or more

F148 Meridia (Sibutramine)

Meridia (Sibutramine)

Variable # 17
Sas Name: WTLMERID_8
Sas Label: Meridia (Sibutramine)
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Xenical (Orlistat)

Xenical (Orlistat)

Variable # 18
Sas Name: WTLXENCL_8
Sas Label: Xenical (Orlistat)
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Phentermine (Sastin)

Phentermine (Fastin)

Variable # 19

Sas Name: WTLPHENT_8

Sas Label: Phentermine (Fastin)

Type: Categorical

Usage Notes: none

Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Other prescription weight loss meds

Other prescription weight loss medication

Variable # 20

Sas Name: WTLOTHER_8

Sas Label: Other prescription weight loss meds

Type: Categorical

Usage Notes: none

Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Caffeinated coffee/instant or filtered

Caffeinated coffee, either instant or paper-filtered drip (cups)

Variable # 21

Sas Name: CFINDP_8

Sas Label: Caffeinated coffee/instant or filtered

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Other caffeinated coffee

Other caffeinated coffee, such as perked, espresso or latte (cups)

Variable # 22

Sas Name: CFOTHCFE_8

Sas Label: Other caffeinated coffee

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day

F148 Decaf coffee/instant or filtered

Decaf coffee, either instant or paper-filtered drip (cups)

Variable # 23

Sas Name: CFDCINDP_8

Sas Label: Decaf coffee/instant or filtered

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Other decaf coffee

Other decaf coffee, such as perked, espresso or latte (cups)

Variable # 24

Sas Name: CFDCOTH_8

Sas Label: Other decaf coffee

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day

F148 Regular tea

Regular tea (not decaf) (cups)

Variable # 25

Sas Name: CFREGTEA_8

Sas Label: Regular tea

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day



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F148 Decaf tea

Decaf tea (cups)

Variable # 26

Sas Name: CFDCFTEA_8

Sas Label: Decaf tea

Type: Categorical

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day

F148 Soft drinks with caffeine

Soft drinks with caffeine (such as Coke, Diet Pepsi, Dr. Pepper, Mountain Dew) (12 oz. Can)

Variable # 27

Sas Name: SODACF_8

Sas Label: Soft drinks with caffeine

Type: Categorical

Usage Notes: none

Categories: Diet

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day



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Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

F148 Soft drinks without caffeine

Soft drinks without caffeine (such as Sprite, 7-Up, Diet Sprite) (12 oz. can)

Variable # 28

Usage Notes: none

Sas Name: SODANOCF_8

Sas Label: Soft drinks without caffeine

Categories: Diet

Type: Categorical

Values

1	Never or less than 1/month
2	1-3/month
3	1/week
4	2-4/week
5	5-6/week
6	1/day
7	2-3/day
8	4-5/day
9	6 or more/day

F148 Natural hormones in past year

In the past year, did you use any "natural" hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, skin cream or soy-enriched foods.

Variable # 29

Usage Notes: none

Sas Name: NATHOR_8

Sas Label: Natural hormones in past year

Categories: Medical History: Reproductive
Reproductive: Hormones

Type: Categorical

Values

0	No
1	Yes
9	Don't Know

F148 Natural/wild yam cream

Wild yam cream

Variable # 30

Usage Notes: Sub-question of F148 V1 Q11 "Natural hormones in past year".

Sas Name: YAMCRM_8

Sas Label: Natural/wild yam cream

Categories: Medical History: Reproductive
Reproductive: Hormones

Type: Categorical

Values

0	No
1	Yes



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Data File: f148_av8_os_pub

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Structure: One row per participant

Population: OS participants

F148 Natural/wild yam pills

Wild yam pills

Variable # 31**Sas Name:** YAMPLS_8**Sas Label:** Natural/wild yam pills**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
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1	Yes
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F148 Natural/Progesterone cream

Progesterone cream

Variable # 32**Sas Name:** PRGCRM_8**Sas Label:** Natural/Progesterone cream**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
---	----

1	Yes
---	-----

F148 Natural/Progest suppositories

Progesterone suppositories

Variable # 33**Sas Name:** PRGSUP_8**Sas Label:** Natural/Progest suppositories**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
---	----

1	Yes
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F148 Natural/DHEA pills

DHEA (dehydroepiandrosterone pills)

Variable # 34**Sas Name:** DHEAPL_8**Sas Label:** Natural/DHEA pills**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
---	----

1	Yes
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**F148 Natural/Phytoest pills/powder**

Phytoestrogen pills or powder (soy or flax)

Variable # 35**Sas Name:** PHYPLS_8**Sas Label:** Natural/Phytoest pills/powder**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0 No

1 Yes

F148 Natural/Phytoestrogen creams

Phytoestrogen creams (soy or flax)

Variable # 36**Sas Name:** PHYCRM_8**Sas Label:** Natural/Phytoestrogen creams**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0 No

1 Yes

F148 Natural/Phytoestrogen foods

Phytoestrogen enriched foods (tofu, soybeans)

Variable # 37**Sas Name:** PHYFDS_8**Sas Label:** Natural/Phytoestrogen foods**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0 No

1 Yes

F148 Natural/Other

Other (Specify)

Variable # 38**Sas Name:** NTOTHR_8**Sas Label:** Natural/Other**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q11 "Natural hormones in past year".**Categories:** Medical History: Reproductive
Reproductive: Hormones**Values**

0 No

1 Yes



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F148 Natural/Don't Know

Don't know

Variable # 39
Sas Name: NTDNTK_8
Sas Label: Natural/Don't know
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q11 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes

F148 Prescribed osteoporosis meds

In the past year, have you used any treatments for osteoporosis or other bone conditions that you get with a doctor's prescription? Examples are Fosamax, Miacalcin, and Actonel. (Do not include use of selective estrogen receptor modulators (SERMs) such as Evista (Raloxifene) which are covered in Question 13.)

Variable # 40
Sas Name: OSTPL_8
Sas Label: Used prescription osteoporosis medication
Type: Categorical

Usage Notes: none

Categories: Medical History: Medications

Values

0	No
1	Yes
9	Don't Know

F148 Alendronate (Fosamax)

Alendronate (Fosamax)

Variable # 41
Sas Name: OSTALND_8
Sas Label: Alendronate (Fosamax)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".

Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Calcitonin (Miacalcin)

Calcitonin (Miacalcin)

Variable # 42
Sas Name: OSTCALC_8
Sas Label: Calcitonin (Miacalcin)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".

Categories: Medical History: Medications

Values

0	No
1	Yes



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Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Risedronate (Actonel)

Risedronate (Actonel)

Variable # 43
Sas Name: OSTRISED_8
Sas Label: Risedronate (Actonel)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Pamidronate (Aredia)

Pamidronate (Aredia)

Variable # 44
Sas Name: OSTPAMID_8
Sas Label: Pamidronate (Aredia)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Zolendronate

Zolendronate

Variable # 45
Sas Name: OSTZOLEN_8
Sas Label: Zolendronate
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Parathyroid hormone (PTH)

Parathyroid hormone (PTH) (Forteo)

Variable # 46
Sas Name: OSTPTH_8
Sas Label: Parathyroid hormone (PTH) (Forteo)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes



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F148 Other

Other (Specify)

Variable # 47
Sas Name: OSTOTHER_8
Sas Label: Other specified prescription osteoporosis medication
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Don't Know

Don't Know

Variable # 48
Sas Name: OSTUNTK_8
Sas Label: Don't know what kind of osteoporosis medication
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q12 "Prescribed osteoporosis meds".
Categories: Medical History: Medications

Values

0	No
1	Yes

F148 Use non-estrogen prescription?

In the past year, did you use any non-estrogen prescription treatments for hormone replacement? These may be prescribed to prevent osteoporosis and breast cancer and are sometimes called "designer estrogens" or selective estrogen receptor modulators (SERMs). Examples are Evista (Raloxifene) and Nolvadex (Tamoxifen).

Variable # 49
Sas Name: SRM_8
Sas Label: Use non-estrogen prescription
Type: Categorical

Usage Notes: none
Categories: Medical History: Medications

Values

0	No
1	Yes
9	Don't Know

F148 Evista (Raloxifene)

Evista (Raloxifene)

Variable # 50
Sas Name: SRMEVST_8
Sas Label: Non-estrogen rx/Evista (Raloxifene)
Type: Categorical

Usage Notes: Sub-question of F148 V1 Q13 "Use non-estrogen prescription?".
Categories: Medical History: Medications

Values

0	No
1	Yes



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Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

F148 Nolvadex (Tamoxifen)

Nolvadex (Tamoxifen)

Variable # 51**Usage Notes:** Sub-question of F148 V1 Q13 "Use non-estrogen prescription?".**Sas Name:** SRMNOLU_8**Categories:** Medical History: Medications**Sas Label:** Non-estrogen rx/Nolvadex (Tamoxifen)**Type:** Categorical**Values**

0	No
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1	Yes
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F148 Non-estrogen/Other

Other (Specify)

Variable # 52**Usage Notes:** Sub-question of F148 V1 Q13 "Use non-estrogen prescription?".**Sas Name:** SRMOTHR_8**Categories:** Medical History: Medications**Sas Label:** Non-estrogen rx/Other**Type:** Categorical**Values**

0	No
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1	Yes
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F148 Non-Estrogen/Don't Know

Don't know

Variable # 53**Usage Notes:** Sub-question of F148 V1 Q13 "Use non-estrogen prescription?".**Sas Name:** SRMDNTK_8**Categories:** Medical History: Reproductive
Reproductive: Hormones**Sas Label:** Non-estrogen rx/Don't know**Type:** Categorical**Values**

0	No
---	----

1	Yes
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F148 Used female hormones/past year

In the past year, did you use any female hormones (ESTROGEN or PROGESTERONE [also called PROGESTIN] that were prescribed by a doctor?
(This may have been in the form of a pill, skin patch, shots, or vaginal cream or suppository.)

Variable # 54**Usage Notes:** none**Sas Name:** HRPST1YR_8**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Sas Label:** Used female hormones/past year**Type:** Categorical**Values**

0	No
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1	Yes
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9	Don't know
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Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

F148 Comb estr/progest pills/patch

In the past year, did you use female hormone PILLS or PATCHES prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill, patch, or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 55**Sas Name:** EPPLPA_8**Sas Label:** Comb estr/progest pills/patch**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F148 Months comb estr/progesterone

In the past year, how many months did you use COMBINED female hormone PILLS or PATCH which contained both ESTROGEN and PROGESTIN?

Variable # 56**Sas Name:** EPDUR_8**Sas Label:** Months comb estr/progesterone**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".
Sub-question of F148 V1 Q15 "Comb estr/progest pills/patch".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F148 Which estr/progest combination

Which combination did you use the longest?

Variable # 57**Sas Name:** EPTYPE_8**Sas Label:** Which estr/progest combination**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".
Sub-question of F148 V1 Q15 "Comb estr/progest pills/patch".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Prempro
2	Combipatch
3	Premphase
4	Activella
5	FemHRT
6	Ortho-Prefest
8	Other



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Data File: f148_av8_os_pub

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Structure: One row per participant

Population: OS participants

F148 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

Variable # 58**Sas Name:** ETPL_8**Sas Label:** Combined estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

F148 Months used estr/testost pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable # 59**Sas Name:** ETDUR_8**Sas Label:** Months used estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".
Sub-question of F148 V1 Q16 "Combined estr/testost pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F148 Estr/testost pill used longest

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 60**Sas Name:** ETTYPE_8**Sas Label:** Estr/testost pill used longest**Type:** Categorical**Usage Notes:** Sub-question of F148 V1 Q14 "Used female hormones/past year".
Sub-question of F148 V1 Q16 "Combined estr/testost pills".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**Values**

1	Estratest
2	Estratest HS
8	Other
9	Don't know



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Estrogen pill,patch,cream,shot

In the past year, did you use any ESTROGEN pill, patch, cream or shots (other than the combination described in Qxs 15 and 16)?

Variable #	61	Usage Notes:	Sub-question of F148 V1 Q14 "Used female hormones/past year".
Sas Name:	E_8	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Estrogen pill,patch,cream,shot		
Type:	Categorical		
Values			
0	No		
1	Yes		
9	Don't know		

F148 Did you use any Estrogen pill

Did you use an estrogen pill?

Variable #	62	Usage Notes:	Sub-question of F148 V1 Q14 "Used female hormones/past year". Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".
Sas Name:	EPL_8	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Did you use any Estrogen pill		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Months used estrogen pills

For how many months did you use the Estrogen pills?

Variable #	63	Usage Notes:	Sub-question of F148 V1 Q14 "Used female hormones/past year". Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot". Sub-question of F148 V1 Q17.1 "Did you use any Estrogen pill".
Sas Name:	EPLDUR_8	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Months used estrogen pills		
Type:	Categorical		
Values			
1	Less than 1 month		
2	1-6 months		
3	7-10 months		
4	11-12 months		



Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

F148 Kind of estrogen pills

What kind did you take? (Mark the one used the longest if you used more than one kind.)

Variable # 64

Sas Name: EPLTYPE_8

Sas Label: Kind of estrogen pills

Type: Categorical

Values

1	Premarin or conjugated equine estrogens
2	Estrace or estradiol
3	Ogen or estropipate
4	Estratab or estrified estrogens
8	Other
9	Don't know

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".
Sub-question of F148 V1 Q17.1 "Did you use any Estrogen pill".Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F148 Did you use an estrogen patch?

Did you use an estrogen patch?

Variable # 65

Sas Name: EPCH_8

Sas Label: Did you use an estrogen patch?

Type: Categorical

Values

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F148 How many months used patch?

For how many months did you use the patch?

Variable # 66

Sas Name: EPCHDUR_8

Sas Label: How many months used patch?

Type: Categorical

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".
Sub-question of F148 V1 Q17.4 "Did you use an estrogen patch?".Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F148 Did you use an estrogen cream?

Did you use an estrogen cream?

Variable # 67

Sas Name: ECRM_8

Sas Label: Did you use an estrogen cream?

Type: Categorical

Values

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

**F148 How many months used cream?**

For how many months did you use the cream?

Variable # 68**Sas Name:** ECRMDUR_8**Sas Label:** How many months used cream?**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".

Sub-question of F148 V1 Q17.6 "Did you use an estrogen cream?".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Did you have estrogen shots?**

Did you have estrogen shots?

Variable # 69**Sas Name:** ESHT_8**Sas Label:** Estrogen shots**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 How many months took shots?**

For how many months did you have the shots?

Variable # 70**Sas Name:** ESHTDUR_8**Sas Label:** Months took estrogen shots**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q17 "Estrogen pill,patch,cream,shot".

Sub-question of F148 V1 Q17.8 "Did you have estrogen shots?".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Progesterone pill, cream shot**

In the past year, did you use any PROGESTERONE or PROGESTIN pill, cream, or shots (other than the combinations described in Question 15)?

Variable # 71**Sas Name:** P_8**Sas Label:** Progesterone pill, cream shot**Type:** Categorical**Values**

0	No
1	Yes
9	Don't know

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".**Categories:** Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

**F148 Progesterone pill or capsule**

Did you use a progesterone or progestin pill or capsule?

Variable # 72**Sas Name:** PPL_8**Sas Label:** Progesterone pill or capsule**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past

year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Months progesterone pill/ caps**

For how many months did you use the pill or capsule?

Variable # 73**Sas Name:** PPLDUR_8**Sas Label:** Months progesterone pill/ caps**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past

year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Sub-question of F148 V1 Q18.1 "Progesterone pill or capsule".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Kind of progesterone**

What kind did you take (Mark the one used the longest if you used more than one kind)?

Variable # 74**Sas Name:** PPLTYPE_8**Sas Label:** Kind of progesterone**Type:** Categorical**Values**

1	Provera, Cycrin, Amen, or MPA
3	Prometrium or micronized progesterone
8	Other
9	Don't know

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past

year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Sub-question of F148 V1 Q18.1 "Progesterone pill or capsule".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

**F148 Progest pills days per month**

How many days per month did you use it?

Variable # 75**Sas Name:** PPLDAY_8**Sas Label:** Progest pills days per month**Type:** Categorical**Values**

1	Less than 1 day
2	1-9 days
3	10-12 days
4	13-18 days
5	19-27 days
6	28 or more days

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Sub-question of F148 V1 Q18.1 "Progesterone pill or capsule".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Progesterone/progestin cream**

Did you use a progesterone or progestin cream?

Variable # 76**Sas Name:** PCRM_8**Sas Label:** Progesterone/Progestin cream**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Months used progesterone cream**

For how many months did you use progesterone or progestin cream?

Variable # 77**Sas Name:** PCRMDUR_8**Sas Label:** Months used progesterone cream**Type:** Categorical**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Sub-question of F148 V1 Q18.5 "Progesterone/progestin cream".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones**F148 Progesterone/progestin shots**

Did you have progesterone or progestin shots?

Variable # 78**Sas Name:** PSHT_8**Sas Label:** Have progesterone shots**Type:** Categorical**Values**

0	No
1	Yes

Usage Notes: Sub-question of F148 V1 Q14 "Used female hormones/past year".

Sub-question of F148 V1 Q18 "Progesterone pill, cream shot".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Months used progesterone shots

For how many months did you have progesterone or progestin shots

Variable #	79	Usage Notes:	Sub-question of F148 V1 Q14 "Used female hormones/past year". Sub-question of F148 V1 Q18 "Progesterone pill, cream shot". Sub-question of F148 V1 Q18.7 "Progesterone/progestin shots".
Sas Name:	PSHTDUR_8	Categories:	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
Sas Label:	Months used progesterone shots		
Type:	Categorical		
Values			
1	Less than 1 month		
2	1-6 months		
3	7-10 months		
4	11-12 months		

F148 Cataract(s)

Cataracts(s)

Variable #	80	Usage Notes:	none
Sas Name:	CATARACT_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Cataract(s)		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Macular degeneration

Macular degeneration of the retina

Variable #	81	Usage Notes:	none
Sas Name:	MACDEGNR_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Macular degeneration of retina		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Asthma

Asthma

Variable #	82	Usage Notes:	none
Sas Name:	ASTHMA_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Asthma		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Emphysema or chronic bronchiti

Emphysema or chronic bronchitis

Variable #	83	Usage Notes:	none
Sas Name:	EMPHYSEM_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Emphysema / chronic bronchitis		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Heart failure or CHF

Heart failure or congestive heart failure

Variable #	84	Usage Notes:	none
Sas Name:	CHF_8	Categories:	Medical History: Cardiovascular
Sas Label:	Heart failure		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Angina

Angina (chest pains from the heart)

Variable #	85	Usage Notes:	none
Sas Name:	ANGINA_8	Categories:	Medical History: Cardiovascular
Sas Label:	Angina		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Atrial fibrillation

Atrial fibrillation

Variable #	86	Usage Notes:	none
Sas Name:	ATRIALFB_8	Categories:	Medical History: Cardiovascular
Sas Label:	Atrial fibrillation		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

Variable #	87	Usage Notes:	none
Sas Name:	KIDNEYST_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Kidney or bladder stones		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Dialysis or renal failure

Dialysis for kidney or renal failure

Variable #	88	Usage Notes:	none
Sas Name:	KIDDIALY_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Dialysis for kidney failure		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Stomach or duodenal ulcer

Stomach or duodenal ulcer

Variable #	89	Usage Notes:	none
Sas Name:	STOMULCR_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Stomach or duodenal ulcer		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Diverticulitis

Diverticulitis

Variable #	90	Usage Notes:	none
Sas Name:	DIVERTIC_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Diverticulitis		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Pancreatitis

Pancreatitis (inflamed pancreas)

Variable #	91	Usage Notes:	none
Sas Name:	PANCREAT_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Pancreatitis		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Liver disease

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

Variable #	92	Usage Notes:	none
Sas Name:	LIVRDIS_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Liver disease		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Overactive thyroid

Overactive thyroid

Variable #	93	Usage Notes:	none
Sas Name:	OVRTHY_8	Categories:	Medical History: Thyroid
Sas Label:	Overactive thyroid		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Underactive thyroid

Underactive thyroid

Variable #	94	Usage Notes:	none
Sas Name:	UNDTHY_8	Categories:	Medical History: Thyroid
Sas Label:	Underactive thyroid		
Type:	Categorical		
Values			
0	No		
1	Yes		



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

F148 Alzheimer's disease

Alzheimer's disease

Variable #	95	Usage Notes:	none
Sas Name:	ALZHEIM_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Alzheimer's disease		
Type:	Categorical		

Values	
0	No
1	Yes

F148 Multiple sclerosis

Multiple sclerosis

Variable #	96	Usage Notes:	none
Sas Name:	MS_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Multiple sclerosis		
Type:	Categorical		

Values	
0	No
1	Yes

F148 Parkinson's disease

Parkinson's disease

Variable #	97	Usage Notes:	none
Sas Name:	PARKINS_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	Parkinson's disease		
Type:	Categorical		

Values	
0	No
1	Yes

F148 ALS or Lou Gehrig's disease

Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

Variable #	98	Usage Notes:	none
Sas Name:	ALS_8	Categories:	Medical History: Other Disease/Condition
Sas Label:	ALS/Lou Gehrig's disease		
Type:	Categorical		

Values	
0	No
1	Yes



Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub File Date: 07/26/2007 Structure: One row per participant Population: OS participants

F148 Family with Alzheimer's

Has any member of your family (mother, father, full-blooded sister or brother) been dianosed with Alzheimer's disease or senile dementia?

Variable #	99	Usage Notes:	none
Sas Name:	ALZREL_8	Categories:	Family: Family Medical History Medical History: Family Medical History
Sas Label:	Family members with Alzheimer's		
Type:	Categorical		
Values			
0	No		
1	Yes		
9	Don't know		

F148 Alzheimers Mother

Mother

Variable #	100	Usage Notes:	Sub-question of F148 V1 Q20 "Family with Alzheimer's".
Sas Name:	ALZMOM_8	Categories:	Family: Family Medical History Medical History: Family Medical History
Sas Label:	Alzhemiers Mother		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Alzheimers Father

Father

Variable #	101	Usage Notes:	Sub-question of F148 V1 Q20 "Family with Alzheimer's".
Sas Name:	ALZDAD_8	Categories:	Family: Family Medical History Medical History: Family Medical History
Sas Label:	Alzhemiers Father		
Type:	Categorical		
Values			
0	No		
1	Yes		

F148 Alzheimers Brother(s)

Any brother

Variable #	102	Usage Notes:	Sub-question of F148 V1 Q20 "Family with Alzheimer's".
Sas Name:	ALZBRO_8	Categories:	Family: Family Medical History Medical History: Family Medical History
Sas Label:	Alzhemiers brother		
Type:	Categorical		
Values			
0	No		
1	Yes		



Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub File Date: 07/26/2007 Structure: One row per participant Population: OS participants

F148 Alzheimers Sister(s)

Any sister

Variable # 103

Sas Name: ALZSIS_8

Sas Label: Alzhemiers sister

Type: Categorical

Usage Notes: Sub-question of F148 V1 Q20 "Family with Alzheimer's".

Categories: Family: Family Medical History
Medical History: Family Medical History

Values

0	No
1	Yes

F148 Current marital status

What is your current marital status? (Mark the one that best describes you.)

Variable # 104

Sas Name: MARITAL_8

Sas Label: Current marital status

Type: Categorical

Usage Notes: none

Categories: Demographic

Values

1	Never married
2	Divorced or separated
3	Widowed
4	Presently married
5	Living in a marriage-like relationship

F148 Form Administration

Form Administration

Variable # 105

Sas Name: V25829

Sas Label: Form Administration

Type: Categorical

Usage Notes: none

Categories: Study: Administration

Values

1	Self
2	Group
3	Interview
4	Assistance

F148 Language

Language

Variable # 106

Sas Name: F146LANG

Sas Label: Language

Type: Categorical

Usage Notes: none

Categories: Study: Administration

Values

1	English
2	Spanish



WHI Follow-Up Dataset
Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub **File Date:** 07/26/2007 **Structure:** One row per participant **Population:** OS participants

Recreational phys activity per week

Computed from Form 148, questions 4, 5, 6, and 7. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable #	107	Usage Notes:	none
Sas Name:	TEPIWK_8	Categories:	Computed Variables Physical Activity
Sas Label:	Recreational phys activity per week		
Type:	Continuous		

Recr. phys activity per week >= 20 Min

Computed from Form 148, questions 4,4.1, 5,5.1, 6,6.1, 7,7.1. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable #	108	Usage Notes:	none
Sas Name:	LEPITOT_8	Categories:	Computed Variables Physical Activity
Sas Label:	Recr. phys activity per week >= 20 Min		
Type:	Continuous		

Mod. to strenuous phys activity per week

Computed from Form 148, questions 4,2, 5, and 6. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	109	Usage Notes:	none
Sas Name:	MSEPIWK_8	Categories:	Computed Variables Physical Activity
Sas Label:	Mod. to strenuous phys activity per week		
Type:	Continuous		

Mod-stren activity > 20 min/week

Computed from Form 148, questions 4, 4.1, 4.2, 5, 5.1, 6 and 6.1. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable #	110	Usage Notes:	none
Sas Name:	XMLSEPI_8	Categories:	Computed Variables Physical Activity
Sas Label:	Mod-stren activity > 20 min/week		
Type:	Continuous		

Mod-stren activity >20 min/week (categ)

Computed from Form 148, questions 4, 4.1, 4.2, 5, 5.1, 6, and 6.1. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).
Computed from XMLSEPI and TEPIWK.

Variable #	111	Usage Notes:	none
Sas Name:	LMSEPI_8	Categories:	Computed Variables Physical Activity
Sas Label:	Mod-stren activity >20 min/week (categ)		
Type:	Categorical		

Values	
1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week

**Strenuous activity episodes per week**

Computed from Form 148, question 5. Episodes per week of strenuous recreational physical activity.

Variable # 112**Usage Notes:** none**Sas Name:** SEPIWK_8**Sas Label:** Strenuous activity episodes per week**Categories:** Computed Variables
Physical Activity**Type:** Categorical**Values**

0	0
1	1
2	2
3	3
4	4
6	5 or more

Minutes of recr. phys activity per week

Computed from Form 148, questions 4,4.1,5,5.1,6, 6.1, 7 and 7.1.

Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 113**Usage Notes:** none**Sas Name:** TMINWK_8**Sas Label:** Minutes of recr. phys activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Minutes of mod-stren activity per week

Computed from Form 146, questions 4, 4.2, 5, and 6. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 114**Usage Notes:** none**Sas Name:** MSMINWK_8**Sas Label:** Minutes of mod-stren activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Minutes of stren. phys activity per week

Computed from Form 148, questions 5 and 5.1. Minutes per week of strenuous recreational physical activity).

Variable # 115**Usage Notes:** none**Sas Name:** SMINWK_8**Sas Label:** Minutes of stren. phys activity per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Total MET-hours per week

Computed from Form 148, questions 4, 4.1, 4.2, 5, 5.1, 6, 6.1,7 and 7.1. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 116**Usage Notes:** none**Sas Name:** TEXPWK_8**Sas Label:** Total MET-hours per week**Categories:** Computed Variables
Physical Activity**Type:** Continuous

**MET-hours per week from walking**

Computed from Form 148, questions 4, 4.1, and 4.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 117**Usage Notes:** none**Sas Name:** WALKEXP_8**Sas Label:** MET-hours per week from walking**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from avg walking

Computed from Form 148, questions 4, 4.1 and 4.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week.

Variable # 118**Usage Notes:** none**Sas Name:** AVWKEXP_8**Sas Label:** Energy expend from avg walking**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from walking fairly fast

Computed from Form 148, questions 4, 4.1 and 4.2. Energy expenditure from walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 119**Usage Notes:** none**Sas Name:** FFWKEXP_8**Sas Label:** Energy expend fr walking fairly fast**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expend from walking very fast

Computed from Form 148, questions 4, 4.1, and 4.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 120**Usage Notes:** none**Sas Name:** VFWKEXP_8**Sas Label:** Energy expend fr walking very fast**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expenditure from hard exercise

Computed from Form 148, questions 5 and 5.1. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 121**Usage Notes:** none**Sas Name:** HARDEXP_8**Sas Label:** Energy expenditure from hard exercise**Categories:** Computed Variables
Physical Activity**Type:** Continuous

Energy expenditure from mod. exercise

Computed from Form 148, questions 6 and 6.1. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 122**Usage Notes:** none**Sas Name:** MODEXP_8**Sas Label:** Energy expend from moderate exercise**Categories:** Computed Variables
Physical Activity**Type:** Continuous



Form 148 - OS Questionnaire Year 8

Data File: f148_av8_os_pub

File Date: 07/26/2007

Structure: One row per participant

Population: OS participants

Energy expenditure from mild exercise

Computed from Form 148, questions 7 and 7.1. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 123

Usage Notes: none

Sas Name: MILDEXP_8

Sas Label: Energy expenditure from mild exercise

Categories: Computed Variables
Physical ActivityType: Continuous

Estrogen use last year

Computed from form 148, questions 14, 15, 16, 17, 17.1 and 17.4.

Variable # 124

Usage Notes: none

Sas Name: EST_8

Sas Label: Estrogen use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
---	----

1	Yes
---	-----

Progesterone use last year

Computed from form 148, questions 14, 15, 18 and 18.1.

Variable # 125

Usage Notes: none

Sas Name: PRG_8

Sas Label: Progesterone use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
---	----

1	Yes
---	-----

Hormone use last year (estrog. or progest.)

Computed from variables "Progesterone use last year" and "Estrogen use last year".

Variable # 126

Usage Notes: none

Sas Name: HRT_8

Sas Label: Hormone use last year (estrogen or progesterone)

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0	No
---	----

1	Yes
---	-----
